

*Department of Pathology and Laboratory Medicine memorandum*

To: NSHA Central Zone Physicians, Health Service Managers (inpatient, outpatient, and Emergency Dept),  
Nova Scotia Zone Laboratories

From: Dr. Bassam A. Nassar, Chief of Service, Division of Clinical Chemistry  
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Ms Catherine Lambert and Ms Cindy Andrews Technical Manager, Division of Clinical Chemistry, DCPNS Pregnancy and Diabetes Working Group

Date: December 1, 2015

Message: Screening for Gestational Diabetes Mellitus (GDM): Guidelines and Laboratory Procedures

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The Diabetes Care Program of Nova Scotia (DCPNS) Pregnancy & Diabetes Working Group has recently released *Diabetes and Pregnancy Guidelines: Approaches to Practice, 2014* ([http://diabetescare.nshealth.ca/sites/default/files/files/Preg%26DM Guidelines2014.pdf](http://diabetescare.nshealth.ca/sites/default/files/files/Preg%26DM%20Guidelines2014.pdf)). This includes a new approach to screening and diagnosis of gestational diabetes mellitus (GDM), building on recommendations found in the 2013 Canadian Diabetes Association Clinical Practice Guidelines. The specific screening algorithm for NS can be accessed directly using the following url:  
<http://diabetescare.nshealth.ca/sites/default/files/files/AlgoScreeningHandout.pdf>

**Effective January 11 2016, the following services and procedures for screening of GDM will be available:**

- The 1- hour 50g Glucose Challenge Test (GCT); previously referred to as 1 hour Trutol Tolerance Test will continue to be available across all Central Zone sites This is part of the two-step approach to screen for GDM recommended by the DCPNS. **Instruct your patient to be not fasting for this test.**
- The 2-hour 75g pregnancy Oral Glucose Tolerance Test (OGTT) is also available at all Central Zone sites (please refer to memo "Oral glucose tolerance (OGTT) test for Twin Oaks Memorial, Eastern Shore Memorial and Musquodoboit Valley Memorial Hospitals dated December 1, 2015).
- The 2- hour 75g pregnancy OGTT will be performed without the patient having to wait for interpretation of the fasting plasma glucose before the drink is administered.

**In accordance with the above mentioned guidelines the following changes have been made to the reporting of GDM screening tests:**

- The previously termed 1-hour Trutol Tolerance Test has been renamed 1-hour GCT. The standard comments added to the result reflect the recommendations in these guidelines.
- The 2-hour 75g pregnancy OGTT now has standard cut-off values and comments added to results, reflecting the aforementioned recommendations

If you have further questions about this, please contact Dr. Elnenaei at 902-473-5194, Dr. Nassar at 902-473-2225, Dr Lou at 902-473-1528, Dr.Thoni at 902-473-6867 or Ms Catherine Lambert at 902-869-6130

CC. Dr. Godfrey Heathcote, Ms.Shauna Thompson, Ms Sandy Schlay and Ms Gail MacLennan.